

DEVELOP



SCHOOL GAMES

**SUFFOLK
VIRTUAL COMPETITIONS
2020/21**

Netball Challenge

DATES 26th Feb – 5th March

TARGET AUDIENCE

These events are for students who like friendly competition but don't solely focus on winning, instead they include a School Games Value focus, giving students the opportunity for personal development.

YEAR GROUPS

Year 7
Year 8

WHERE

These challenges can be done in school or at home.

LEADERSHIP OPPORTUNITIES

- Using leaders to demonstrate the tasks.
- Using leaders to lead part of the session (eg. warm up / Cool Down).
- Using Leaders to time the activities.
- Using leaders to record Results.
- Using leaders to take photographs for use on social media.

SCHOOL GAMES

VALUES

During each of the competition's pupils are challenged to demonstrate the School Games values



Determination - Determination is about the journey you go on to push yourself and achieve your dreams.



Passion - Giving it 100 percent. Putting your heart and soul into the game and never giving up.



Respect - Respect for the referee, for the opposition, for your team mates, for yourself and for the game.



Honesty - Honesty with others and with yourself. Having the courage to do the right thing and what you know is right.



Self Belief - You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.



Teamwork - Treating everybody equally, supporting each other and working together to achieve at your very best level.

CHALLENGE 1



Ball Handling

How many times can you pass the ball under each leg within the time limit?

Pupils pass the ball under alternate legs whilst standing still.

Time limit – 30 seconds.

1 Point each time the ball passes under leg.

CHALLENGE 2



Jump and Land

How many times can you jump, catch and land in the time limit?

A partner feeds in the ball up high. The pupil jumps and lands either 1 foot then 2 or 2 footed. They must catch the ball at the top of the feed with arms outstretched, hold it and pull the ball in.

Time limit – 30 seconds.

1 Point for each jump and land successfully completed.

CHALLENGE 3



Pass and Move

How many passes can you make around the court in 30 seconds?

Your partner stands at a cone 5m from the middle (*home cone*).

The pupil starts in the Middle on the home cone and runs to another cone 3m away (*45 degrees angle*) and receives the ball.

They pupil passes the ball back to their partner and then turns to the home cone and onto another cone 3m away on the other side. They receive the ball here and then pass it back. Repeat

1 Point for each pass made.

CHALLENGE 4



Move to the Ball

How many catches can you make whilst moving to the ball?

Your partner stands 3m away from the 'gate' which is where the pupils starts. The pupil runs around a cone 2m away and then back to the gate where they must catch the ball from their partner. They pass the ball back and then run around another cone 2m away and back to the gate to receive another pass. Repeat.

Time Limit – 30 seconds

1 Point for each catch made in the gate area

SCORING

Pupils can select which challenge they want to do.

Pupils will be allowed to do all the challenges if they wish.

Pupils will be award 1 point for every challenge they attempt.

The top 2 scores from each challenge will be added up to give an overall school score.

HOW TO ENTER

You can enter in 3 different way,

1. Schools run these activities for Key worker children etc and send in the results.
2. Parents and carers submit their videos and scores via social media or email @NorthSuffolk SG / Virtualschoolgames@gmail.com.
3. PE teacher collect scores and sends them into the partnership.



Ball Handling

Challenge 1



Jump and Land

Challenge 2



Pass and Move

Challenge 3



Move to the Ball

Challenge 4

